WHAT Team Peer Helper

Position Description

Position Title: WHAT Team Peer Helper
Department: Student Wellness Services
Term: Fall 2020/Winter 2021
Number of Positions: 10
Hours: 25 hours/semester
Length of Position: September 2020 – April 2021

This is a competitive student leadership volunteer opportunity open to all University of Calgary students.

POSITION DESCRIPTION

Are you passionate about health and wellness? Do you work to create a healthy campus community here at the University of Calgary? The Wellness & Health Awareness Team (WHAT) is currently seeking Peer Helper volunteers for the upcoming 2020-2021 academic year.

Being a WHAT team member will provide you with the opportunity to develop your personal and professional skills. You will be able to participate in various training opportunities throughout the year (on topics such as sexual health, mental health, nutrition & physical activity) and will also gain practical skills in the areas of public speaking, communication and event planning.

TASKS AND RESPONSIBILITIES:

Based on Student Wellness Services’ framework of "Creating a Healthy Campus Community", WHAT team members typically focus their work in several key areas:

- Educating University of Calgary students (via presentations, booths, or health fairs) about important topics like mental health, sexual health, alcohol, nutrition, physical activity and more
- Supporting the WHAT Team Mobile Cart initiative
- Planning and participating in campus-wide programs and events such as Mental Health Awareness Week, Sexual and Gender Awareness Week, W2RAP UP, Health Checks etc.
- Offering support for other ‘one-off’ opportunities such as for alcohol awareness activities, speakersh series events etc.
- Utilizing social marketing opportunities to engage students around health and wellbeing

*Important Note* WHAT team members provide educational and awareness opportunities. WHAT team members do not provide counselling or health advice to students, but all students will receive training on how to properly refer peers who are seeking help or advice.
BENEFITS:
• Receive training that learn key skills such as professionalism, confidentiality, maturity and good judgment
• Enhance oral and written communication skills
• Increased knowledge of services offered to students
• Gain leadership and interpersonal skills
• Be immersed within a diverse group of staff at the University of Calgary while gaining valuable experience and building upon your co-curricular record
• Gain skills to work in a collaborative team environment
• Network and expand ones connections with students, faculty and staff
• Learn and practice transferable skills

COMMITMENT:
• All WHAT team members are expected to attend weekly meetings (1 hour). During these meeting times, team members will have the opportunity to learn about various topics and get designated time to work on planned events, activities and projects. WHAT team members are required to attend “The Inquiring Mind”, “QPR Training” and “Helping Skill” workshops during their time as a Peer Helper for the WHAT team.
• WHAT team members are also expected to be available to meet in late April/early May for training and discussion around the group’s future goals for the upcoming academic year.
• During busy periods or leading up to events/activities, the hours per week may increase (but we are flexible with student's schedules).

PEER HELPER PROFESSIONAL DEVELOPMENT:
The Peer Helper Program is made up of over 300 students every year, who are involved in 19 different on-campus offices. Part of being a Peer Helper involves ongoing professional development, and in 2020-2021, all Peer Helpers will complete the online training offered in the Fall, as well as attend the Winter term’s Leadership Exchange 2021 (exact date TBA).

QUALIFICATIONS:
Demonstrated professionalism, maturity and good judgment;
• Excellent oral and written communication skills;
• In good academic standing;
• Proficiency in Microsoft Word, Excel and PowerPoint (or Pages and Keynote); and
• Have experience working with student groups.
• As the Peer Helper Program is meant to enhance the student experience and supplement academic learning, all Peer Helpers must demonstrate their ability to balance their academics with their extracurricular commitments, and must be in good academic standing
• All Peer Helpers must be in good standing with the Office of Student Conduct
• Good familiarity with the University of Calgary community (e.g. student services, academic integrity policies, etc.)
• Comfortable with approaching and connecting with other students’
• Group facilitation experience would be an asset
CONDUCT STATEMENT
This position requires students to be in good conduct standing for non-academic misconduct. Students who are not in good conduct standing have an active sanction of “Probation for Non-Academic Misconduct” that has been assigned through formal conduct proceedings per the Non-Academic Misconduct Policy. Students are informed in writing of the sanction by the Student Conduct Office. Note: Involvement in the Non-Academic Misconduct process does not automatically mean a student is not in good conduct standing; this applies only to those students who have been assigned the sanction of Probation for Non-Academic Misconduct. If you have been found responsible of a violation of the Non-Academic Misconduct Policy and you are unsure if you have received this sanction, please contact conduct@ucalgary.ca. Please note that in submitting your application, you are verifying that you are in good conduct standing and consent to this being verified by the Student Conduct Office. Note that details of non-academic misconduct cases are not shared through this process.

APPLICATION PROCESS
To apply, please submit an online Peer Helper application form available on the Peer Helper Program’s website by 4:30pm on August 28th 2020. The application form can be found here: www.ucalgary.ca/peerhelper/apply/application-form. If you have any questions, please direct them to php@ucalgary.ca.